

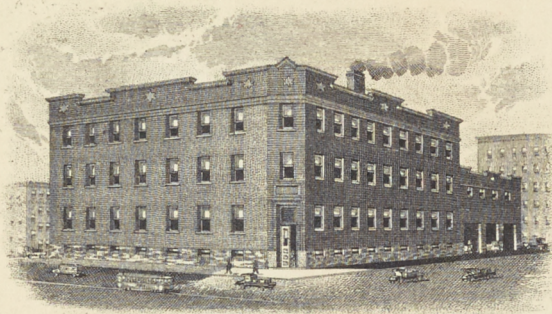
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**WESTERN  
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**WINNIPEG-CANADA**

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**T**HE Western Pure Foods Ltd., after an exhaustive search for a Recipe Book which would be economical, simple, clearly written and in all ways practical to the Canadian Housewife, takes great pleasure in presenting to you this Recipe Book.

The recipes are not merely gathered from miscellaneous collections, but have been arranged by our food specialist, Dickson Riley, former pupil of Eugene Christian, food specialist and author.

Miss Riley has had several years experience in every branch of cooking and is well known in Western Canada as a lecturer. This Recipe Book is the result of her 10 year's experience in this line of work. It is a collection of recipes, many of which are original, tested and used many times by the author.

Eclipse Brand products are the best and purest possible to produce. The housewife will find them of great assistance to her in the preparation of meals which are both palatable and attractive.

Palatability is one of the first essentials of nutrition. No matter how wholesome a food may be, one must relish it in order to be fully benefited. While it is unwise to use highly seasoned foods, we must recognize the need of providing foods which please the sense of taste, sight and smell, as all of these have a direct bearing upon digestion of food.

Our food becomes our life-blood. It is through the use of pure and wholesome foods that healthy bodies are built, therefore the careful planning of meals and selection of food is of primary importance.

Eclipse Brand products make it possible for the housewife to place on her table foods which are both palatable and nutritious, with a saving of both time and money.

Eclipse Yeast Cakes make the whitest, lightest, most flavorful bread you could wish. Eclipse Yeast works quicker than most dry



yeasts, giving uniform results and saving the time and patience of the housewife.

Eclipse Jelly Powders are made with high grade gelatine and sweetened with pure cane sugar. The delicious fruity flavor of Eclipse Jelly Powders delights both old and young. In this Recipe Book you will find many delicious, economical and easily prepared jelly desserts.

Eclipse Baking Powder is a pure phosphate powder, CONTAINING NO ALUM, and is the "Super-Strength" Baking Powder. The economy of Eclipse Baking Powder is apparent. **When recipes call for 4 level teaspoons of other makes use only 3 of Eclipse.** Where quantity varies use one quarter less of Eclipse. This means a saving of 25%. Remember this when using recipes which are not in this book.

It is not necessary to use expensive Cake flours when using Eclipse Baking Powder. Flour milled from good Canadian hard wheat, grown in our own Western Canada, makes a perfect cake if you use Eclipse.

Eclipse Extracts add that delicious delicate flavor which is so delightful in good cakes.

All measurements in these recipes are level, standard measuring cups, teaspoons and tablespoons being used.

If the Canadian housewife will follow the directions contained in this Recipe Book, and use Eclipse Products, Western Pure Foods Ltd., unreservedly guarantee successful results.

Sincerely yours,

WESTERN PURE FOODS LTD.

# Eclipse

## SUPERSTRENGTH BAKING POWDER

Use only 3 parts to 4 of others

### BREAD

*"Breathes there a man with soul so dead,  
Who loves not home made, new baked bread?"*

Yeast is one of the most important factors in making good bread. Use Eclipse Yeast Cakes, follow directions closely and success is assured. Bread should be set in a warm place, 70 to 75 degrees Fahr. If much colder than this the growth of the yeast will be retarded altogether. An essential point in bread making is to keep the sponge in a continuous even temperature and never allow it to be in a draught. On the other hand if the temperature is above 90 degrees the conditions are favorable for the growth of lactic acid bacteria and the bread is apt to sour.

Good bread flour is very essential in making bread. It should be creamy yellow in color and should not hold form when squeezed in the hand.

#### Points to Remember

- 1 Use level measurements.
- 2 Milk should be scalded for bread making.
- 3 Use lukewarm water, as hot water kills the yeast.
- 4 When bread is thoroughly kneaded, grease bowl and top of dough. This prevents a crust forming on the dough, also prevents the dough sticking to the sides of bowl.
- 5 Cover dough well with warm bread cloth while rising.
- 6 Knead the dough thoroughly. First time, to mix the ingredients, and the second time to distribute the gas bubbles produced by yeast.
- 7 Do not add flour for second kneading. If kneaded on bake board do not flour board. Extra flour added at this time makes the bread heavy.
- 8 Do not have oven too hot, for this will form a crust on top which prevents the interior baking sufficiently.
- 9 When bread is baked place on cake rack and cover with a clean towel.

#### WHITE BREAD, No. 1

2 quarts of potato water.  
1 Eclipse Yeast Cake which has first  
been dissolved in  $\frac{1}{2}$  cup luke-  
warm water.

$\frac{1}{4}$  cup sugar.  
1 cup flour.

Add sugar, flour and yeast to lukewarm potato water. Leave this in a warm place to rise overnight. Then add 2 tablespoons salt and 4 tablespoons of lard or any good shortening. Add enough warm flour to make a dough just stiff enough not to stick to hands or board, knead a few minutes on board. Grease mixing bowl and return dough to bowl allowing to rise in a warm place until double in bulk; knead again and allow to rise until double. Mould into loaves, place in greased bread tins, cover and let rise about one hour or until dough has doubled its bulk again. Bake 1 hour, having oven at 400°F. Allow heat to drop slowly until bread is baked. Do not allow oven heat to fall below 300°F.



**YEAST****Makes More and Better Bread****WHITE BREAD, No. 2****(Made With Milk)**

- |  |   |
|--|---|
| 1 Eclipse Yeast Cake soaked $\frac{1}{2}$ hour<br>in $\frac{1}{2}$ cup lukewarm water. | $\frac{1}{4}$ cup sugar.<br>3 cups flour. |
| 1 quart of potato water or 1 quart<br>of water and 1 cup finely mashed<br>potatoes.    |   |

Mix yeast, sugar and flour into lukewarm potato water. This liquid can be used four or five hours after mixing, but best results are obtained by allowing it to stand overnight in a warm place.

Scald 1 quart of milk and add to this 4 tablespoons of shortening and 2 tablespoons of salt. When lukewarm add this to the liquid yeast and knead in enough warm flour to make dough which will not stick to hands or bowl. Grease bread bowl and top of dough. Allow to rise until double in bulk. Knead and allow to rise again. Mould into loaves and allow to rise until double. Bake in moderate oven, 375°F. one hour.

**HOVIS BREAD**

- |  |   |
|--|---|
| $\frac{1}{2}$ Eclipse Yeast Cake soaked in $\frac{1}{2}$<br>cup lukewarm water $\frac{1}{2}$ hour. | 1 cup lukewarm water.<br>$\frac{1}{4}$ cup flour. |
|--|---|

Stir these together and allow to stand overnight. In the morning take 4  $\frac{1}{2}$  cups of hovis flour in a mixing bowl and add 2 cups of water just so hot that the hand cannot be held in it for more than a few seconds. Mix batter well, add yeast and mix again. Now add 2  $\frac{1}{2}$  cups of hovis flour and 1 tablespoon salt. Mix into a dough which should be rather sticky. Allow to raise in a warm place 1  $\frac{1}{2}$  hours. Keep dough well covered. Bake thoroughly in oven 400°F.

**WHOLE WHEAT BREAD**

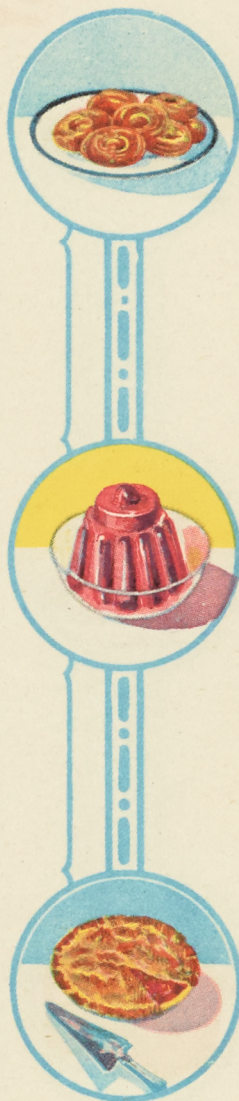
- |  |   |
|--|---|
| $\frac{1}{2}$ Eclipse Yeast Cake dissolved in<br>$\frac{1}{2}$ cup lukewarm water. | $\frac{1}{4}$ cup brown sugar.<br>2 teaspoons salt. |
| 2 cups of potato water or scalded<br>milk.   | 1 $\frac{1}{2}$ cups flour.                         |

Add yeast, sugar, salt and flour to potato water. Stand in a warm place overnight. Add 4 or 5 cups of whole wheat flour, beat well, knead and cover. Let rise until double in bulk, knead again and let rise. Mould into one large or 2 small loaves. Put in greased pans and let rise until nearly double. Put in oven at 400°F. Allow heat to drop gradually. Bake 1 hour.

**FRUIT BREAD**

- |   |   |
|---|---|
| 1 pint scalded milk.  | 4 tablespoons shortening.               |
| 1 Eclipse Yeast Cake dissolved in $\frac{1}{2}$<br>cup water. | 4 tablespoons sugar.                    |
| 2 teaspoons salt.   | 1 $\frac{1}{2}$ cups raisins.<br>Flour. |

Scald the milk and cool until lukewarm. Add the yeast, sugar, salt and 1  $\frac{1}{2}$  cups flour. Let stand overnight, then add melted shortening. Dredge fruit with flour and add to sponge. Add sufficient flour to make a soft dough.



# Eclipse

## PICKLES

Are So Tasty and Appetizing

Knead thoroughly and let rise until  $2\frac{1}{2}$  times its size. Knead again and let rise. Mould into loaves and allow to rise again at least double in bulk. Bake in oven  $375^{\circ}\text{F}$ . 1 hour. Raisins, currants or citron can be used in this bread.

## BUNS AND ROLLS

*"Unless some sweetness at the bottom lie  
Who cares for all the crinkling of a pie?"*

### SWEET BUNS

- |  |                            |
|--|----------------------------|
| 1 pint lukewarm potato water.                                    | $\frac{1}{2}$ cup sugar.   |
| 1 Eclipse Yeast Cake soaked in $\frac{1}{2}$ cup lukewarm water. | $1\frac{1}{2}$ cups flour. |

Mix yeast, sugar and flour, allow to stand overnight.

Scald 1 pint of milk. Put  $\frac{1}{2}$  cup of butter into hot milk, also  $\frac{1}{2}$  cup sugar and 1 tablespoon salt. Allow to cool until lukewarm then mix in yeast and 2 well beaten eggs, add enough warm flour to make a very soft dough. Grease mixing bowl and top of dough, cover well and stand in warm place until  $2\frac{1}{2}$  times its size, knead and allow to rise again. Mould into buns, place close together in well greased pan, allow to rise  $2\frac{1}{2}$  times their size. Put in oven at  $400^{\circ}\text{F}$ . Allow heat to drop slowly. Bake 25 to 30 minutes.

### PARKER-HOUSE ROLLS

- |                           |   |
|---------------------------|---|
| 1 pint scalded milk.      | 1 Eclipse Yeast Cake soaked in $\frac{1}{2}$ cup lukewarm water for $\frac{1}{2}$ hour. |
| 2 tablespoons shortening. | 3 cups flour.   |
| 1 tablespoon sugar.       |   |
| 1 desertspoon salt.       |   |

To the scalded milk add the butter, sugar and salt. Allow to cool until lukewarm and then add dissolved yeast and 3 cups flour. Stir well and let stand in warm place overnight. In the morning add enough flour to knead. Let rise until about double in bulk. Knead and let rise again, then roll out about  $\frac{1}{2}$  inch thick. Cut with biscuit cutter and brush each piece with melted butter. Crease through the centre and fold over. Brush top with melted butter. Place on greased baking sheet and allow to rise again until double in bulk. Bake 20 to 25 minutes in oven  $400^{\circ}\text{F}$ .

### CINNAMON ROLLS

Make dough as for Parker-House Rolls. Roll dough quite thin, sprinkle with brown sugar and Eclipse cinnamon. Roll like jelly roll; slice with sharp knife in 1 inch slices. Allow to rise  $\frac{1}{2}$  hour; bake in 25 minutes to  $\frac{1}{2}$  hour in oven  $400^{\circ}\text{F}$ .

### CRUMPETS

- |                                |   |
|--------------------------------|---|
| 2 cups milk.                   | 1 teaspoon salt.  |
| 3 cups flour.                  | $\frac{1}{2}$ Eclipse Yeast Cake dissolved in $\frac{1}{2}$ cup lukewarm water. |
| 2 tablespoons butter (melted). |   |

Warm the milk, beat in the salted flour, the melted butter and the dissolved yeast. Let the sponge stand overnight, or, if the sponge is set in





# Eclipse

## SUPERSTRENGTH BAKING POWDER

Use only 3 parts to 4 of others

the morning, allow it to stand until light. Bake in greased muffin rings on a hot griddle, or in patty pans in the oven. In either case, fill the rings only half full, as the crumpets will rise in baking. The oven or griddle must be very hot as crumpets should be baked quickly. Oven 450°F.

### WELSH BUNS

$\frac{1}{2}$  Eclipse Yeast Cake soaked in  $\frac{1}{2}$   
cup lukewarm water  $\frac{1}{2}$  hour.  
1 cup sugar.

1 pint warm milk.  
1 cup flour.

Mix all together and allow to stand 5 or 6 hours or overnight.

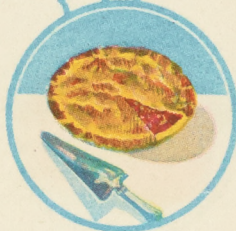
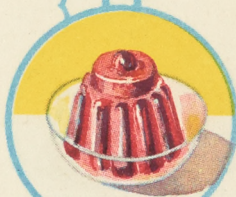
In the morning cream  $\frac{1}{2}$  cup butter and  $\frac{1}{2}$  cup sugar, beat in 2 eggs, add a few currants. Add this to yeast sponge and add enough flour to make a soft dough about 6 or 7 cups. Knead well and let rise until double in bulk, knead and raise again. Break into small portions, roll up, dip in milk then in rough sugar. Place on well greased baking sheet and allow to rise until double in size. Bake in moderate oven 400°F. for 20 to 25 minutes.

### BUTTERSCOTCH BUNS

1 Eclipse Yeast Cake dissolved in  $\frac{1}{2}$  cup lukewarm water. Scald and cool to lukewarm 2 cups milk, then stir in the yeast. Stir into this 2 tablespoons sugar and  $1\frac{1}{2}$  cups of flour. Allow to stand overnight or set yeast in morning, and dough down buns in evening.

Cream thoroughly  $\frac{3}{4}$  cup shortening,  $\frac{1}{2}$  cup sugar, 1 tablespoon (level) of salt, beat in eggs (two) one at a time thoroughly. Add yeast sponge and beat very well. Then add  $5\frac{1}{2}$  cups of flour quite warm. Knead well, then add 2 cups whole wheat flour and knead again until dough is quite smooth and free from lumps. Cover warmly and stand in warm place to rise. To determine when dough is ready, place hand on the surface of the dough, with medium pressure let tips of fingers penetrate the dough for about 2 inches. Take hand out of the dough. If ready the dough around these impressions will slowly commence to recede. Punch down and allow to rise again while preparing pans. Grease gem tins well, and sprinkle on a thin layer of brown sugar. Place small pieces of butter on top of this layer of sugar.

Roll out dough  $\frac{1}{4}$  to  $\frac{1}{2}$  inch thick, brush over with melted butter, sprinkle with granulated sugar and raisins or nuts if desired. Roll up into long roll like jelly roll and seam carefully. Cut in pieces of desired size and place in gem tins. Layer cake pans may also be used to bake the buns in, preparing pans in same way, and setting buns close together in the pan. Allow to rise until light and bake in hot oven, 400°F. Turn out of pans bottom side up. To give buns very shiny appearance brush over with a little mashed apricot. These buns are really very little trouble to make, and are just like the expensive fancy Pecan rolls and Butterscotch Buns sold in the stores.



# Eclipse

## YEAST

### Makes More and Better Bread

#### FROZEN ROLLS

Take a piece of bread dough when moulding the bread into loaves. Shape in one or two long thin rolls. Roll in a piece of cloth then in paper, and put where it will freeze solid. Bring in what you will require of the dough about an hour and a half before rolls are to be used. Stand in a warm place until soft enough to cut, then cut in pieces the size required for rolls. When thawed work each roll well and place on well greased pan. Allow to rise until very light. This will take a little longer than ordinary rolls on account of the dough being cold. Bake in a quick oven, 400°F.

#### BREAKFAST BUNS

At noon soak 1 Eclipse Yeast Cake in  $1\frac{1}{2}$  cups of warm water. When dissolved add 1 tablespoon sugar, and  $1\frac{1}{4}$  cups flour. Beat well. At night add 3 cups lukewarm water, 1 cup sugar, and 2 tablespoons (level) salt, 1 cup melted lard, and 1 teaspoon nutmeg if desired.

Mix down with flour enough to make a soft dough, but not sticky. Cover and allow to stand in a cool place. In the morning knead down at 10 A.M. then again at 5 P.M. Mould into buns at bed time, and place in greased pans. Do not place too close together. Bake with breakfast fire.

#### BAKING POWDER BREAD

##### WHITE BREAD

- |   |                          |
|---|--------------------------|
| 3 cups flour.                             | 1 tablespoon shortening. |
| 5 teaspoons Eclipse Baking Powder, level. | 2 teaspoons sugar.       |
| 1 teaspoon salt.                          | 2 cups milk.             |

Sift flour, baking powder, salt and sugar. Rub in shortening, then add milk. Bake 1 hour in oven 325°F.

##### CHEESE BREAD

- |   |  |
|---|--|
| 3 cups flour.                             | 1 small package cream cheese or 1 cup grated cheese. |
| 5 teaspoons Eclipse Baking Powder, level. | 2 cups milk.   |
| 1 teaspoon salt.                          |  |

Sift dry ingredients, rub in cheese, add milk. Bake 1 hour in oven 325°F.

##### ORANGE BREAD

- |   |                                 |
|---|---------------------------------|
| 3 cups flour.                             | 2 tablespoons sugar.            |
| 5 teaspoons Eclipse Baking Powder, level. | 2 level tablespoons shortening. |
| 1 teaspoon salt.                          | 1 orange.                       |

Squeeze out juice of orange and put rind and pulp through mincer. Put juice and rind in a cup and fill cup up with water, add another cup of water, making two cups of liquid in all. Beat this into dry ingredients and bake 1 hour in oven 325°F.





## PICKLES

Are So Tasty and Appetizing

### NUT AND DATE LOAF

(White)

- |   |   |
|---|---|
| 3 cups flour.                             | 1/2 lb. dates (raisins may be substituted). |
| 5 teaspoons Eclipse Baking Powder, level. | 1 cup nuts.                                 |
| 1 teaspoon salt.                          | 1 1/2 cups milk.                            |
| 1/2 cup brown sugar.                      | 1 egg.                                      |
| 2 tablespoons shortening.                 |   |

Sift dry ingredients together, rub in shortening, add nuts and dates then milk. Bake 1 hour in oven 350°F.

### NUT AND DATE LOAF

(Whole Wheat)

- |   |                           |
|---|---------------------------|
| 1 cup white flour.                        | 2 tablespoons shortening. |
| 2 cups whole wheat flour.                 | 1 egg.                    |
| 1/2 cup brown sugar.                      | 1/2 lb. dates.            |
| 1 teaspoon salt.                          | 1 cup nuts.               |
| 4 teaspoons Eclipse Baking Powder, level. | 2 cups milk.              |

Sift baking powder with white flour. Stir this into remainder of dry ingredients, add milk and lastly melted shortening. Bake 1 hour in oven 350°F.

## BISCUITS

*"The turnpike road to people's hearts I find  
Lies through their mouths, or I mistake mankind."*

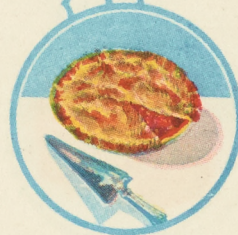
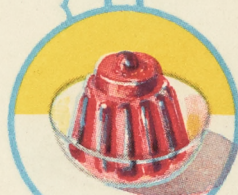
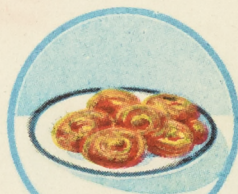
To make deliciously light, tender biscuits and foods made with biscuit dough, the dough must be handled as lightly and little as possible. Too much handling results in tough biscuits.

- 1 Be sure that the shortening and milk are cold. Ice box temperature if possible.
- 2 When rubbing shortening into flour have hands cold or cut it in with two knives, cutting crosswise repeatedly the balls of fat between the edges and cutting it.
- 3 Bake in a very hot oven 450°F., to 475°F. Slow baking dries the biscuits.
- 4 Cut with floured cookie cutter.

## BISCUITS

- |  |   |
|--|---|
| 3 cups flour.                            | 3 level tablespoons lard or shortening. |
| 6 level teaspoons Eclipse Baking Powder. | 1/2 teaspoon salt.                      |
| 3 teaspoons sugar.                       |   |

Sift salt, baking powder, sugar and flour together. Rub in shortening until like a fine powder. Cut in enough cold water to make soft dough. Pat out gently on bake board. Cut with biscuit cutter and bake in hot oven 450°F. Bake about 10 minutes.



# Eclipse

## SUPERSTRENGTH BAKING POWDER

Use only 3 parts to 4 of others

### CHEESE ROLLS

Make dough as for biscuits. Roll lightly with rolling pin until a little thicker than pie crust. Spread liberally with cheese. Roll as for jelly roll. Cut in pieces 1 inch thick, place upright and bake a light brown. Hot oven, 450°F. Bake 12 to 15 minutes.

### CINNAMON ROLLS

Make dough as for biscuits. Roll lightly with rolling pin until a little thicker than pie crust. Sprinkle with brown sugar and Eclipse Cinnamon. Roll as for jelly roll. Slice in 1 inch slices and bake in oven 350°F. for 15 minutes.

### ORANGE BISCUITS

Make plain biscuit dough and when ready for the oven press a cube of sugar on each biscuit. Squeeze orange juice on this until sugar is saturated with juice. Bake in hot oven, 450°F.

### CHEESE STRAWS

- 1 cup flour.
- 2 teaspoons Eclipse Baking Powder, level.
- $\frac{1}{2}$  teaspoon salt.

- 1 tablespoon butter.
- 2 cups grated cheese, or 1 pkg. cream cheese (small).
- Cold water.

Sift dry ingredients, rub in butter and cheese. Mix with cold water and roll as you would pastry. Cut in strips about  $\frac{1}{4}$  inch wide. Bake in hot oven until a delicate brown. Oven, 425°F.

### HEALTH BISCUITS

- 2 cups whole wheat flour.
- $\frac{3}{4}$  teaspoon salt.
- 4 teaspoons Eclipse Baking Powder, level.

- 4 teaspoons shortening.
- Milk.

Mix flour, salt and baking powder well. Rub in shortening, add milk to make soft dough. Pat lightly on board and cut with cookie cutter or add enough milk to make stiff batter about  $\frac{3}{4}$  cup and drop in spoonfuls on greased cookie sheet.

### SCONES

- 3 cups flour.
- 5 teaspoons Eclipse Baking Powder, level.
- $\frac{1}{2}$  teaspoon salt.

- 2 tablespoons corn syrup.
- 3 tablespoons shortening, level.
- Milk or water to make soft dough.

Sift flour, baking powder and salt together. Rub in shortening. Mix corn syrup with a little milk and add to mixture, cutting it in with a knife. Then add sufficient milk or water to make a soft dough. Roll lightly on floured board and cut. These may be baked on top of the stove or in a quick oven, 375°F.





#### BRAN BISCUITS

- |                                    |                                  |
|------------------------------------|----------------------------------|
| 1 cup bran.                        | $\frac{1}{2}$ teaspoon salt.     |
| 2 cups flour.                      | 2 tablespoons sugar.             |
| 4 teaspoons Eclipse Baking Powder, | 3 tablespoons melted shortening. |
| level.                             | $\frac{3}{4}$ cup water.         |

Mix thoroughly bran, flour, baking powder, salt and sugar. Add shortening and sufficient water to make soft dough. Roll on floured board. Cut with biscuit cutter and bake 15 minutes in oven 375°F.

#### GOLDEN GLOWS

Make a syrup as follows: Grate the rind of one orange, being careful not to grate any of the white. Add to this

- |                          |                         |
|--------------------------|-------------------------|
| $\frac{1}{2}$ cup sugar. | 1 tablespoon butter.    |
| 4 tablespoons water.     | 1 teaspoon lemon juice. |

Boil for 3 minutes.

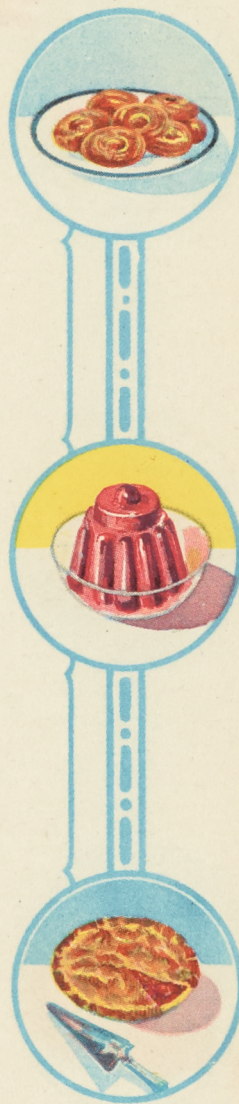
Put one or two tablespoons of this syrup into small muffin tins. Fill the tins with the following biscuit dough:

- |                                    |                              |
|------------------------------------|------------------------------|
| 2 cups flour.                      | $\frac{1}{2}$ teaspoon salt. |
| 4 teaspoons Eclipse Baking Powder, | 2 tablespoons shortening.    |
| level.                             | 1 cup and 1 tablespoon milk. |
| 1 tablespoon fine white sugar.     |                              |

Mix as for tea biscuits. Bake in oven, 375°F. When done pour 1 teaspoon of syrup over each biscuit.

#### HINTS ON CAKE MAKING

- 1 Assemble utensils and ingredients before starting to mix your cake.
- 2 Warm butter, but do not melt it as melted butter makes a heavy cake.
- 3 Add eggs one at a time or beaten all together until light.
- 4 Sift flour and baking powder together at least 3 times.
- 5 Always add a little flour before adding any moisture, as adding moisture first breaks the air cells in the eggs.
- 6 Coarse sugar causes a coarse cake. It is best to use fruit sugar if a very fine texture is desired.
- 7 Never stir a cake. Lift the batter and fold it over from the bottom in order to incorporate as much air as possible into the cake.
- 8 Measure all ingredients accurately. Use standard measuring cup.
- 9 Warm tins before greasing and be sure they are cold before putting the batter in, otherwise the cake will stick to the pan.
- 10 The most difficult part of cake making is the baking. Unless the oven is right, no matter how carefully the mixing may have been done, the cake will be a failure. The oven temperature must be uniform, not constantly rising and falling. One cause of fluctuating oven temperature is the continual opening and shutting of the oven door.
- 11 Have oven ready for use when cake is mixed. Cake put in the oven at too low a temperature causes excessive steaming and makes them heavy. This also either causes the cake to fall or to rise and run over the pan.



# Eclipse

## PICKLES

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Too hot an oven at first causes a crust to form before the cake rises to its full height and in continuing to rise it will lift the crust and break it. Too hot an oven also results in a heavy cake as the cake bakes before it has finished rising. Too cool an oven also causes a heavy cake as the gases escape.

- 12 Place cake on rack on removing from the oven. Do not ice cake until thoroughly cool.

## CAKES

### Foundation Layer Cake

1 cup sugar (fine).  
 $\frac{3}{4}$  cup butter.  
2 eggs.  
1 cup milk.  
2 cups flour.

3 teaspoons Eclipse Baking Powder, level.  
 $\frac{1}{2}$  teaspoon salt.  
1 teaspoon Eclipse Vanilla Flavoring.

Cream butter well, add sugar gradually and cream well together. Beat in eggs one at a time. Sift flour, baking powder and salt together, and add alternately with milk to first mixture. Bake in moderate oven, 350°F., 25 minutes to  $\frac{1}{2}$  hour.

### Variations of Layer Cake

#### COFFEE CAKE

Use one cup of cold strong coffee (Eclipse), in place of milk.

#### WALNUT CAKE

Add one cup chopped walnuts to foundation layer cake. These should be added after cake has been mixed.

#### SPICE CAKE

To foundation layer cake, add 2 teaspoons Eclipse Cinnamon and 1 teaspoon Eclipse Allspice.

#### LEMON CAKE

Use one teaspoon Eclipse Lemon Extract in place of Vanilla in foundation layer cake.

#### RASPBERRY CAKE

Use foundation layer cake recipe, substituting 1 cup canned raspberries for milk.

#### RAISIN CAKE

To foundation cake recipe add 1 cup seedless raisins.

#### RICE CAKE

1 cup butter.  
4 eggs.  
 $\frac{3}{8}$  cup ground rice.  
1 teaspoon Eclipse Vanilla.

1 cup sugar.  
 $1\frac{1}{2}$  cups flour.  
1 teaspoon Eclipse Baking Powder.  
Pinch of salt.

Cream butter and sugar, add well beaten eggs. Sift flour, baking powder, ground rice and salt, 3 times. Add gradually to first mixture then add vanilla. Bake in moderate oven 1 hour.





#### TUTTI FRUTTI CAKE

- ½ cup butter.
- 1 cup sugar.
- 3 eggs.
- 2 cups flour.
- 3 teaspoons Eclipse Baking Powder, level.
- 1 cup milk.
- ½ teaspoon Eclipse Lemon Flavoring.

- ½ teaspoon Eclipse Vanilla Flavoring.
- ½ teaspoon Eclipse Raspberry Flavoring.
- ½ teaspoon Eclipse Strawberry Flavoring.
- ½ teaspoon Eclipse Orange Flavoring.
- 1 cup mixed Fruits, cut fine, cherries, peel, raisins, dates, etc.
- ½ cup nuts, cut fine.

Cream butter well, add sugar gradually and cream well together. Beat eggs to a foam and beat well into sugar and butter. Sift flour, baking powder and salt together. Dredge fruit with a little flour. Add flour and milk alternately. Add fruit then mixed flavoring. Bake in loaf or layer cake tins 35 to 40 minutes in moderate oven, 350°F.

#### ORANGE CAKE

- ½ cup butter.
- 1 cup sugar.
- 3 eggs.
- 3 teaspoons Eclipse Baking Powder, level.
- ¼ teaspoon Eclipse Baking Soda.

- 2 cups flour.
- ½ teaspoon salt.
- Juice and grated rind of 2 oranges and 1 lemon. Put this in cup and fill cup up with water to make a cup of Liquid

Cream butter and sugar well together. Beat eggs well and add to first mixture, beating until thick. Dissolve soda in 1 tablespoon of hot water and add this to orange juice. Add orange juice and flour alternately. Bake in layers in moderate oven, 350°F., 25 to 30 minutes.

#### CHOCOLATE CAKE

- ¼ cup butter.
- 1 cup sugar.
- 4 tablespoons cocoa.
- ½ cup boiling water.
- ⅔ cup milk.

- 3 teaspoons Eclipse Baking Powder, level.
- 1 egg.
- ¼ teaspoon salt.
- 1 ½ cups flour.
- 1 teaspoon Eclipse Vanilla.

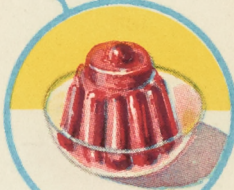
Mix cocoa with boiling water, cream butter and sugar, beat in egg. Sift flour, baking powder and salt together, add flour and milk alternately. Beat cocoa and flavoring in last. Bake 30 minutes in oven 350°F.

#### SPICE CAKE

- 1 cup brown sugar.
- ½ cup shortening.
- ½ cup corn syrup.
- 2 eggs.
- 2 cups flour.
- ½ teaspoon salt.

- 3 teaspoons Eclipse Baking Powder, level.
- 2 teaspoons Eclipse Cinnamon.
- 1 teaspoon Eclipse Allspice.
- 1 cup milk.

Cream butter and sugar, beat in eggs. Sift flour, baking powder, salt and spices together, add alternately with milk and corn syrup, which have been stirred together. Place in cake pan and shake over batter ½ cup sugar, 1 cup chopped nuts and 1 teaspoon cinnamon which have been mixed together. Bake 35 to 40 minutes in oven 350°F.



#### DEVIL'S FOOD

- $\frac{1}{2}$  cup butter.
- 2 cups light brown sugar.
- 2 eggs.
- 2 cups cake or pastry flour.
- $\frac{1}{4}$  teaspoon salt.
- 1 teaspoon Eclipse Vanilla.

- $\frac{1}{2}$  cup sour milk.
- $\frac{1}{2}$  cup boiling water.
- 1 teaspoon Eclipse Soda.
- $\frac{1}{2}$  cup cocoa or baking chocolate.
- 3 teaspoons Eclipse Baking Powder.

The method of mixing this cake should be followed closely.

Cream shortening and add 1 cup sugar. Cream well. Beat eggs and add other cup of sugar, beat well. Add mixtures together and beat hard. Sift flour once and add baking powder and salt. Add to mixture alternately with sour milk, beating well after each addition of sour milk and flour. Stir soda and chocolate into boiling water and add to cake mixture. Add vanilla. This makes a very large cake. Bake in oven 350°F for 35 minutes.

#### APPLE SAUCE CAKE

- $\frac{1}{2}$  cup butter.
- 1 cup brown sugar
- 1 egg.
- $1\frac{1}{2}$  cups apple sauce.
- 3 teaspoons Eclipse Baking Powder.
- level.

- $\frac{1}{2}$  teaspoon Eclipse Cinnamon.
- $\frac{1}{2}$  teaspoon Eclipse Cloves.
- $\frac{1}{2}$  teaspoon salt.
- 2 cups raisins.
- 2 cups flour.

Cream butter and sugar, beat in egg. Sift flour, baking powder, salt and spices together. Sift in a little flour then add flour and apple sauce alternately. Add floured raisins. Bake in oven 350°F. for 45 minutes.

#### ORANGE FRUIT CAKE

- 1 cup shortening.
- 3 cups brown sugar, scant.
- 2 oranges.
- 3 eggs.
- 4 cups flour.
- $\frac{1}{2}$  teaspoon salt.

- 6 teaspoons Eclipse Baking Powder, level.
- 2 cups milk.
- 2 cups raisins.
- $\frac{3}{4}$  cup walnuts.
- 2 teaspoons Eclipse Vanilla.

Squeeze oranges and run rind and pulp through food chopper. Cream butter and sugar, beat in eggs one at a time. Sift flour, baking powder and salt together. Flour, raisins and nuts, add flour and milk alternately. Add orange juice and pulp, vanilla and raisins. Bake in 3 large layer cake tins or in two cake pans. Moderate oven, 350°F. Bake 45 minutes.

#### SULTANA CAKE

(Makes 3-story Cake)

- $1\frac{1}{2}$  lbs. butter.
- $1\frac{1}{2}$  lbs. fruit sugar.
- 15 eggs.
- $2\frac{1}{4}$  lbs. flour.

- 2 teaspoons Eclipse Baking Powder,
- 1 teaspoon salt.
- 2 lbs. sultana raisins.
- 1 teaspoon oil of lemon.

Cream butter and sugar. Beat in eggs one at a time. Flour fruit. Sift flour, baking powder and salt together. Add flour, then raisins and last oil of lemon.



#### CHERRY CAKE

- 1 cup butter.
- 1 cup sugar.
- 4 eggs.
- $\frac{1}{4}$  teaspoon salt.
- $\frac{1}{2}$  lb. cherries.

Cream butter and sugar, beat in eggs. Sift flour, baking powder and salt. Flour cherries. Add flour, cherries and flavoring. Bake 1 hour in oven 300°F.

- 2 cups flour.
- 2 teaspoons Eclipse Baking Powder, level.
- 1 teaspoon Eclipse Lemon Extract.
- 1 teaspoon Eclipse Almond Extract.

#### PINEAPPLE UPSIDE DOWN CAKE

First of all grease pan you are going to bake cake in. Then put 2 tablespoons butter and 1 cup brown sugar. Heat until sugar dissolves. Place on this as many slices of pineapple as pan will hold. Next make batter of

- $\frac{1}{2}$  cup butter.
- $\frac{3}{4}$  cup granulated sugar.
- 2 well beaten eggs.

- $\frac{3}{4}$  cup sweet milk, added alternately with
- 2 cups of flour which has been sifted with
- 3 level teaspoons Eclipse Baking Powder.

Bake 45 minutes. Oven 375°F.

#### GINGER BREAD, No. 1

- $\frac{1}{2}$  cup shortening.
- 1 egg.
- 1 cup brown sugar.
- 1 cup molasses.
- 1 cup sour milk.
- 1 teaspoon Eclipse Soda.
- 1 tablespoon boiling water.

- 2 teaspoons Eclipse Ginger.
- 2 teaspoons Eclipse Cinnamon.
- $\frac{1}{4}$  teaspoon salt.
- 3 cups flour.
- 2 teaspoons Eclipse Baking Powder, level.

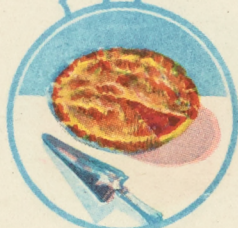
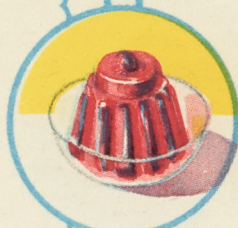
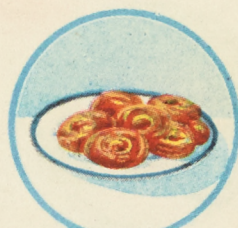
Pour hot melted butter into the molasses. Mix soda with boiling water, add sugar and well beaten egg, sift together dry ingredients and add to first mixture, alternating with sour milk. Beat well. Bake in well greased pan 40 minutes. Oven 350°F.

#### GINGER BREAD, No. 2

- 2 cups sifted cake flour.
- 1 teaspoon Eclipse Baking Powder.
- $\frac{1}{4}$  teaspoon Eclipse Soda.
- 2 teaspoons Eclipse Ginger.
- 1 teaspoon Eclipse Cinnamon.
- $\frac{1}{2}$  teaspoon salt.

- $\frac{1}{8}$  cup butter or other shortening.
- $\frac{1}{2}$  cup sugar.
- 1 egg, beaten light.
- $\frac{2}{3}$  cup molasses.
- $\frac{3}{4}$  cup sour milk.

Sift flour once, add baking powder, soda, ginger, cinnamon and salt, and sift together three times. Cream shortening until light and fluffy, add sugar gradually and cream together thoroughly. Add egg then molasses. Add flour alternately with milk, a small amount at a time. Beat after each addition until smooth. Bake in greased pan in moderate oven, 325°F. for 20 minutes, then increase to 350°F. for 30 minutes.



#### MACAROON CAKE

$\frac{1}{2}$  cup butter.  
 $\frac{1}{2}$  cup sugar.  
 4 egg yolks.  
 1 cup flour.

$1\frac{1}{2}$  teaspoons Eclipse Baking Powder, level.  
 1 teaspoon Eclipse Almond Extract.

Place this batter in well greased pan.

Beat 4 egg whites stiff. Beat in 1 cup sugar, 1 cup cocoanut. Pour this over batter and bake in slow oven, 275°F.

#### LADY BALTIMORE CAKE

2 cups cake or pastry flour.  
 3 teaspoons Eclipse Baking Powder, level.  
 $\frac{1}{2}$  cup butter.

1 cup fruit sugar.  
 $\frac{3}{4}$  cup milk.  
 1 teaspoon Eclipse Vanilla.  
 3 egg whites, stiffly beaten.

Sift flour and baking powder together three times. Cream shortening and sugar together until light and fluffy. Add flour to creamed mixture alternately with milk. Beat after each addition until smooth. Add vanilla. Fold in egg whites. Bake in layer cake tins in moderate oven, 375°F., 25 to 30 minutes.

Put layers together with Lady Baltimore filling and ice with Lady Baltimore icing.

#### LADY BALTIMORE Frosting and Filling

2 cups sugar.  
 $\frac{3}{4}$  cup water.

2 egg whites, stiffly beaten.  
 1 teaspoon Eclipse Vanilla.

#### Filling

$\frac{1}{4}$  lb. figs, chopped.  
 $\frac{1}{2}$  lb. raisins, chopped.

$\frac{1}{2}$  lb. pecans or walnuts, chopped.

Cook sugar and water until syrup forms a soft ball in water. Pour syrup slowly on egg whites, beating until cool and stiff enough to spread, add flavoring, stir fruit and nuts into  $\frac{2}{3}$  of frosting. Spread between layers and on top of cake. Cover whole cake with remaining frosting.

#### ANGEL CAKE

$\frac{1}{2}$  cup potato flour.  
 $\frac{1}{2}$  cup flour.  
 $\frac{1}{4}$  teaspoon salt.  
 1 doz. egg whites.

$1\frac{1}{2}$  cups fruit sugar.  
 1 teaspoon cream of tartar.  
 $\frac{1}{2}$  teaspoon Eclipse Vanilla.  
 $\frac{1}{2}$  teaspoon Eclipse Rose Flavoring.

Beat egg whites and salt to a foam on large platter with wire whisk, add cream of tartar and continue beating until eggs are stiff enough to hold up in peaks, but not dry. Do not beat again. Carefully fold in sugar, then flour which has been sifted 3 times. Bake in ungreased tube pan. Bake at least one hour in a very slow oven. Begin at 250°F. for  $\frac{1}{2}$  hour, then increase to 325°F. Remove from oven and invert pan for one hour or until cold before removing cake.



#### ECONOMY SPONGE CAKE

- |   |                                    |
|---|------------------------------------|
| 1½ cups sifted flour.                     | 1 cup fruit sugar or sifted sugar. |
| ½ teaspoon salt.                          | 5 tablespoons cold water.          |
| 3 teaspoons Eclipse Baking Powder, level. | 1 tablespoon lemon juice.          |
| 2 egg yolks, beaten light.                | 2 egg whites, stiffly beaten.      |

Sift flour, salt and baking powder three times. Beat egg yolks until thick and lemon colored, add sugar gradually and beat thoroughly, add water and lemon juice, then flour in small amounts. Mix thoroughly. Fold in egg whites. Bake in ungreased pan in oven 350°F. for 45 minutes.

#### SPONGE CAKE

- |  |                                 |
|--|---------------------------------|
| 1 cup sifted cake flour.                 | 5 egg yolks, beaten light.      |
| 1 teaspoon Eclipse Baking Powder, level. | ½ lemon, grated rind and juice. |
| ¼ teaspoon salt.                         | 5 egg whites, stiffly beaten.   |
|  | 1 cup fine sugar.               |

Sift flour, baking powder and salt together. Beat egg yolks until thick and lemon colored, add lemon juice and rind and beat very light. Beat egg whites with a wire whisk until stiff enough to hold up in peaks, but not dry. Fold in sugar, a small amount at a time, then egg yolks and finally flour mixture. Bake in ungreased tube pan in slow oven, 325°F. for 50 to 60 minutes. Remove from oven and invert pan for one hour or until cold.

#### JELLY ROLL

- |                           |   |
|---------------------------|---|
| 2 eggs.                   | 2 teaspoons Eclipse Baking Powder, level. |
| 1 cup sugar.              | ½ teaspoon salt.                          |
| 4 tablespoons cold water. | 1 teaspoon Eclipse Lemon Extract.         |
| 1 cup flour.              |   |

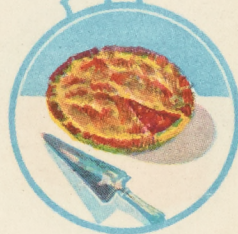
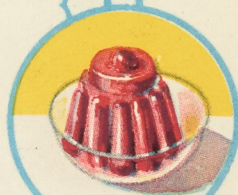
Separate eggs, beat yolks, add sugar slowly, then cold water, beating continually. Sift dry ingredients and add gradually, mixing well, but not beating. Fold in stiffly beaten egg whites. Spread very thin in one large greased oblong pan. Bake in moderate oven, 350°F, about 10 minutes. Turn out on damp cloth, trim off crusty edges and roll up quickly. Unroll at once and spread with jelly and roll again. When cool remove from cloth and sprinkle with powdered sugar.

#### VINATARTA

- |                  |  |
|------------------|--|
| 1¾ lbs. flour.   | ½ teaspoon ground Eclipse Cardamon Seed. |
| ¾ lb. butter.    | 1 tablespoon water.                      |
| ¾ lb. sugar.     |  |
| 2 eggs, (large). |  |

Make soft dough of ½ of flour, beaten eggs, water and sugar. Knead. Then add cold unmelted butter, then add remainder of flour. Roll out and cut in five large rounds. Bake in slow oven, 300°F, and put filling between layers.

Prunes or dates stoned and boiled with a little sugar, then mashed for filling.



#### ENGLISH FRUIT CAKE

- 1 lb. butter.
- 1 lb. brown sugar.
- 8 eggs (large), or 10 if small.
- 1 lb. flour.
- 1 lb. sultana raisins.
- 1 lb. seedless raisins.
- 1 lb. seeded or valencia raisins
- 1 lb. currants.
- $\frac{1}{2}$  lb. peel, mixed.

- $\frac{1}{2}$  lb. glace cherries.
- $\frac{1}{2}$  lb. almonds, blanched.
- 2 teaspoons Eclipse Baking Powder.
- 1 teaspoon Eclipse Almond Extract.
- 1 teaspoon Eclipse Lemon Extract.
- 1 teaspoon Eclipse Rasp. Extract.
- 1 teaspoon Eclipse Orange Extract.
- 1 teaspoon salt.

Cream butter, then butter and sugar well. Beat in eggs one at a time. Flour fruit well, add remainder of flour and salt to batter, then fruit. Beat well, shake in baking powder, then add flavoring. Bake 4 to 5 hours in slow oven, 300°F.

#### FRUIT CAKE

- 12 eggs.
- 1 lb. butter.
- 1 lb. sugar.
- 1 lb. flour.
- 1 lb. glace cherries.
- 1 lb. pecans.
- 1 lb. blanched almonds.
- 5 lbs. raisins.
- 1 lb. shredded citron.

- 1 lb. glace pineapple.
- 1 lb. shredded cocoanut, which has been browned in oven.
- 1 glass grape jelly.
- 2 teaspoons Eclipse Baking Powder.
- 1 teaspoon Eclipse Lemon Extract.
- 1 teaspoon Eclipse Vanilla Extract.
- 1 teaspoon Eclipse Almond Extract.

Cream butter and sugar, beat in eggs. Mix nuts, fruits, cocoanut together. Flour with  $\frac{1}{2}$  of the flour. Add remainder of flour to first mixture, then fruit and flavoring. Add baking powder last. Bake 3 or 4 hours in moderate oven, 300°F.

#### EVERY DAY FRUIT CAKE

- 3 cups flour.
- 3 teaspoons Eclipse Baking Powder.
- $\frac{1}{2}$  teaspoon salt.
- 1 cup sugar.
- 1 cup raisins.

- $\frac{1}{2}$  cup currants.
- $\frac{1}{2}$  cup mixed peel.
- $\frac{2}{3}$  cup shortening.
- 2 eggs.
- $\frac{2}{3}$  cup milk.

Sift together with flour, salt and baking powder. Cut in shortening, add raisins, peel and sugar. Stir well. Add eggs and milk. Bake  $1\frac{1}{2}$  hours in oven 325°F.

#### YEAST FRUIT CAKE

- 2 cups of yeast sponge taken from the sponge when it is very light and foamy before adding flour to dough down bread.
- 1 cup butter or domestic shortening.
- 2 cups brown sugar.
- 1 or 2 eggs (well beaten).
- 2 cups flour (sifted before measuring).

- 2 teaspoons Eclipse Baking Powder.
- 1 teaspoon Eclipse Cinnamon.
- 1 teaspoon Eclipse Nutmeg.
- 1 teaspoon Eclipse Allspice.
- 1 teaspoon Eclipse Cloves.
- 1 teaspoon salt.
- $1\frac{1}{2}$  lbs. raisins.

Peel and nuts or any other fruit may be added if desired more fruity.

Cream shortening and sugar, add beaten egg then yeast sponge, beat well together. Flour fruit lightly with a little of the flour. Sift flour, baking powder, salt and spices together. Add to first mixture, and last add fruit.





Turn into well greased cake tins and bake 2 hours in a moderate oven. If you wish to set yeast for cake alone, take 2 cups lukewarm water, dissolve 1 Eclipse Yeast Cake in it then add  $\frac{3}{4}$  cup flour and 2 tablespoons sugar. Beat well. Stand in a warm place overnight or until light and foamy, which should be about 2 hours.

### TART CAKE

$\frac{1}{2}$  cup sugar.  
 $\frac{1}{2}$  cup butter.  
 3 egg yolks.  
 5 tablespoons milk.  
 1 cup flour.

$1\frac{1}{2}$  teaspoon Eclipse Baking Powder (level).  
 1 teaspoon Eclipse Vanilla.  
 Pinch of salt.

Cream butter and sugar, beat in egg yolks. Add milk then dry ingredients which have been sifted three times. Bake in 2 layers. Each layer should be about an inch high.

### Filling

1 egg yolk.  
 $\frac{1}{2}$  cup sugar.  
 2 teaspoons cornstarch, rounded.  
 Pinch of salt.

$\frac{3}{4}$  cup milk.  
 1 teaspoon butter.  
 1 teaspoon Eclipse Vanilla.

Boil until thick. Beat the 4 egg whites very stiff with  $\frac{1}{2}$  cup sugar. Spread filling on top of one layer, then spread a little of the egg white over this, place other layer on top. Spread beaten egg whites on top and sides of cake. Bake in 2 layers. Each layer should be about an inch high.

### FEATHERWEIGHT CAKE

1 cup fine sugar.  
 3 eggs.  
 1 cup flour.  
 $1\frac{1}{2}$  teaspoons (level) Eclipse Baking Powder.

$\frac{1}{2}$  cup milk.  
 Butter the size of an egg.  
 1 teaspoon Eclipse Vanilla.  
 Pinch of salt.

Beat sugar and eggs together with Dover beater until very light and fluffy. Add flour, baking powder and salt which have been sifted together 3 times. Last beat in milk and butter which have been heated together to boiling point. Then add vanilla. Bake in oven 300°F.  $\frac{1}{2}$  pastry flour and  $\frac{1}{2}$  bread flour may be used, but this cake is very light made just with bread flour.

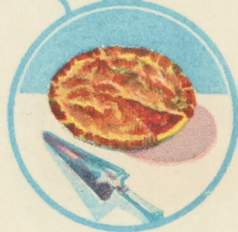
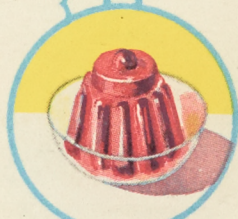
This cake is nice iced with:

### Seven Minute Boiled Icing

1 cup brown sugar.  
 1 egg white.

3 tablespoons cold water.  
 $\frac{1}{2}$  teaspoon Eclipse Baking Powder.

Place in double boiler. Have water in bottom part of double boiler boiling briskly. Beat 7 minutes with double Dover beater.





### BANANA CAKE

- |  |  |
|--|--|
| $\frac{1}{2}$ cup butter.  | 2 cups sifted flour.                     |
| 1 cup sugar.   | 2 level teaspoons Eclipse Baking Powder. |
| 2 eggs, well beaten.   | Pinch of salt.                           |
| 1 teaspoon Eclipse Baking Soda dissolved in 4 teaspoons boiling water. | 1 cup chopped walnuts.                   |
| 1 cup mashed bananas.  | 1 teaspoon Eclipse Vanilla.              |

Cream butter and sugar. Add beaten eggs and beat well. Dissolve soda in boiling water, and add to mashed bananas. Sift flour, baking powder and salt together, and add alternately with mashed bananas to first mixture. Add walnuts and vanilla. Bake in moderate oven, 350°F., for 40 minutes.

### COOKIES AND SMALL CAKES

*"Oh weary mothers, making dough,  
Don't you wish that food would grow!  
Your lips would smile, I know, to see  
A Cookie Bush or Doughnut Tree.."*

### BACHELOR'S BUTTONS

- |                                  |                                    |
|----------------------------------|------------------------------------|
| 1 tablespoon butter.             | 3 teaspoons Eclipse Baking Powder. |
| $\frac{1}{2}$ cup sugar.         | level.                             |
| 3 egg yolks.                     | 2 cups flour.                      |
| 3 tablespoons crushed pineapple. | $\frac{1}{4}$ teaspoon salt.       |

Cream butter and sugar, beat in yolks of eggs, fold in a little flour, then add pineapple. Add remainder of flour gradually. Drop from teaspoon on baking sheet and put raisin in centre of each.

### JACK FROSTS

- |                                |                                 |
|--------------------------------|---------------------------------|
| $\frac{1}{2}$ lb. butter.      | 2 eggs.                         |
| $\frac{1}{2}$ cup brown sugar. | 3 cups flour.                   |
| $\frac{1}{2}$ cup white sugar. | 1 teaspoon Eclipse Soda, level. |

Cream butter and sugar, add eggs, then flour and soda. Mould into hard roll. Freeze. Slice thin and bake in hot oven, 425°F. These may be kept frozen indefinitely and sliced and baked as needed.

### NUT WAFER COOKIES

- |                    |                                    |
|--------------------|------------------------------------|
| 2 cups shortening. | 2 teaspoons Eclipse Baking Powder, |
| 1 cup brown sugar. | level.                             |
| 1 cup white sugar. | $6\frac{1}{2}$ cups flour.         |
| 3 eggs.            | $\frac{1}{2}$ lb. chopped nuts.    |

Shape in 2 rolls, let stand overnight. Slice and bake.

### CARAMEL COOKIES

- |                          |                                    |
|--------------------------|------------------------------------|
| 4 cups dark brown sugar. | 7 cups flour.                      |
| 1 cup melted shortening. | 6 teaspoons Eclipse Baking Powder, |
| 4 beaten eggs.           | level.                             |
| 1 teaspoon salt.         |                                    |

Mix shortening and sugar, add eggs slowly, mixing thoroughly. Add nuts, then dry ingredients sifted together twice. Shape into a roll  $2\frac{1}{2}$  to 3 inches in diameter. Stand in ice box overnight. When ready to bake slice and bake in hot oven, 425°F. Makes about 125 cookies.





# Eclipse ICINGS

The Best Yet

## BOSTON DROPS

- $\frac{3}{4}$  cup shortening.
- $\frac{1}{2}$  cup sugar.
- 2 eggs, unbeaten.
- $\frac{1}{2}$  teaspoon salt.

- 1 teaspoon Eclipse Vanilla.
- $1\frac{1}{2}$  cups flour.
- 1 teaspoon Eclipse Baking Powder, level.

Cream shortening, add sugar gradually, beat to a light cream. Beat in eggs, salt and vanilla. Last add the flour. Stir until smooth. Drop by spoonfuls on greased cookie sheet about 4 inches apart. Bake in medium oven, 375°F., about ten minutes.

## DELIGHTS

- $\frac{1}{2}$  cup butter.
- $\frac{3}{4}$  cup sugar.
- 2 eggs, unbeaten
- $\frac{1}{2}$  cup nuts.

- 2 cups flour.
- 2 level teaspoons Eclipse Baking Powder.
- 1 cup raspberry jam.

Cream sugar and butter together. Add eggs, flour and baking powder. Form into round balls. Place in small, greased muffin tins. Press around the edges of the pan. Fill centre with mixture of jam and nuts. Bake in a quick oven about 10 or 15 minutes. When cool these may be topped with whipped cream or a fruit whip made as follows:

- White of 1 egg.
- $\frac{1}{2}$  cup sugar.

- $\frac{1}{2}$  banana or 2 tablespoons crushed pineapple.

Beat egg white stiff, add sugar and fruit and beat until stiff.

## SOUR CREAM COOKIES

- 2 cups brown sugar.
- 1 cup shortening.
- 2 eggs.
- 1 cup sour cream.
- $\frac{1}{2}$  teaspoon salt.
- $\frac{1}{2}$  teaspoon Eclipse Nutmeg.

- 1 teaspoon Eclipse Soda.
- 4 teaspoons Eclipse Baking Powder, level.
- $4\frac{1}{2}$  cups flour.
- 1 cup raisins.
- 1 cup nuts.

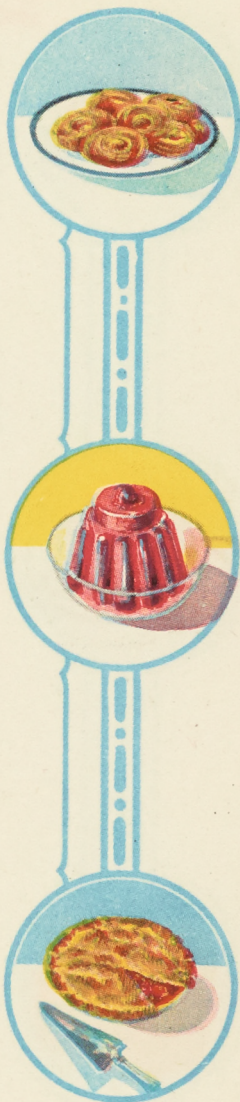
Cream shortening, salt and sugar together, add beaten eggs, nuts and raisins. Mix well and add cream. Add all dry ingredients sifted together. Mix well and drop by spoonfuls on greased baking sheet. Bake in hot oven, 400°F. 15 minutes. Makes 50 cookies.

## CHOCOLATE DROP COOKIES

- 1 cup sugar.
- $\frac{1}{2}$  cup shortening.
- 2 eggs, well beaten.
- 3 squares chocolate.
- $1\frac{1}{2}$  cups flour.
- $\frac{1}{2}$  cup sweet milk.

- $\frac{1}{2}$  teaspoon Eclipse Vanilla.
- $\frac{3}{4}$  cup nuts.
- $\frac{3}{4}$  cup raisins.
- 3 teaspoons Eclipse Baking Powder, level.
- $\frac{1}{2}$  teaspoon salt.

Cream shortening, add sugar. Add eggs and melted chocolate. Then add milk, vanilla, nuts and raisins. Mix well. Add baking powder and flour sifted together. Drop by teaspoons on well greased cookie sheet. Bake in moderate oven, 375°F.





#### AUNT MARY'S COOKIES

- 2 cups white sugar.
- 2 cups shortening.
- 4 eggs, well beaten.
- 5 cups flour.

- 6 teaspoons Eclipse Baking Powder, level.
- 1 teaspoon salt.
- 2 teaspoons Eclipse Vanilla.

Put in oven at 400°F. Bake 10 minutes.

#### CHECKER BOARD COOKIES

Make dough as for plain cookies. Divide in half and add 3 squares of melted chocolate to one half of the dough. Shape in two rectangular strips of each color. Lay a strip of chocolate and one of white side by side on the board and press them firmly together. Then place the other chocolate strip on the white strip and the white on the chocolate and press the four firmly into a square roll. Wrap in a tea towel and place in the ice box overnight. Slice and bake in oven 400°F. Time about 10 minutes.

#### CALLA LILIES

- 3 eggs.
- 1 cup sugar.
- 1 cup flour.
- 1 tablespoon water.

- 2 teaspoons Eclipse Baking Powder, level.
- 1 teaspoon Eclipse Vanilla.

Drop from spoon on greased cookie sheet and bake.

Fold like lilies using a strip of angelica for the stem. Fill with whipped cream or filling made with

- 1 cup sugar.
- 1 banana.

- 1 white of egg.
- 1 teaspoon cream of tartar.

Beat until quite stiff. Put little dab of grated orange peel in centre.

#### JAM BUNS

(These are delicious)

- 2 cups flour.
- 3 teaspoons Eclipse Baking Powder, level.
- 2 tablespoons sugar.
- $\frac{1}{4}$  teaspoon salt.

- 1 cup shortening.
- Mix like pastry, then add
- 1 egg.
- 1 teaspoon Eclipse Vanilla.
- $\frac{1}{2}$  cup milk.

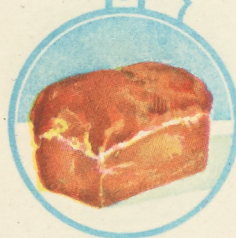
Mix well together. Roll out about as thick as for pie crust. Cut in squares, place dab of jam on each square fold corners up. Pinch edges well together. Bake in gem tins.

#### CORN FLAKE MACAROONS

- 2 egg whites.
- 1 cup sugar, to which add
- 2 teaspoons cornstarch
- $\frac{1}{2}$  cup cocoanut.

- 1 teaspoon Eclipse Baking Powder, scraped level.
- 2 or 3 cups cornflakes.
- $\frac{1}{2}$  teaspoon Eclipse Vanilla.

Beat egg whites until stiff. Add sugar, cornstarch, baking powder and cocoanut. Then vanilla and cornflakes. A few finely cut dates may be added if desired.





# Eclipse

## FLAVORING EXTRACTS

Absolutely Pure

### BUTTER BUDS

- |                              |                                    |
|------------------------------|------------------------------------|
| 1 cup shortening.            | 4 teaspoons Eclipse Baking Powder, |
| 1 cup brown sugar.           | scraped level.                     |
| 2 eggs.                      | 2½ cups flour.                     |
| 2 teaspoons Eclipse Vanilla. | ¼ teaspoon salt.                   |

Cream shortening. Add sugar gradually, then eggs which have first been beaten. Sift 2 cups of flour with baking powder and salt. Combine mixtures, add flavoring. Should be about the same texture as soft cookie dough. Add other half cup of flour if necessary. Press through pastry tube or mark with fork. Oven, 350°F.

### CHINESE CHEWS

- |                        |                                   |
|------------------------|-----------------------------------|
| 1 cup chopped dates.   | 1 teaspoon Eclipse Baking Powder. |
| 1 cup chopped walnuts. | 2 eggs.                           |
| 1 cup sugar.           | ¼ teaspoon salt.                  |
| ¾ cup flour.           |                                   |

Mix dry ingredients. Add dates and nuts, egg beaten light. Bake in as thin a sheet as can be spread. Bake in slow oven 325°F. When done cut in squares, roll in balls and then in granulated sugar.

### ROCKS

- |                                    |                              |
|------------------------------------|------------------------------|
| ½ cup shortening.                  | ½ cup nuts.                  |
| 2 cups brown sugar.                | 1 cup raisins.               |
| ½ cup milk.                        | ½ teaspoon Eclipse Cloves.   |
| 3 cups flour.                      | ½ teaspoon Eclipse Cinnamon. |
| 5 teaspoons Eclipse Baking Powder, | ½ teaspoon Eclipse Allspice. |
| level.                             | 3 eggs.                      |

Cream shortening and sugar, then add eggs. Sift flour, baking powder, spices and salt. Add a little flour, then milk and remainder of flour. Lastly raisins and nuts. Drop in spoonfuls on greased cookie sheet. Bake in moderate oven, 350°F.

### MARGUERITES

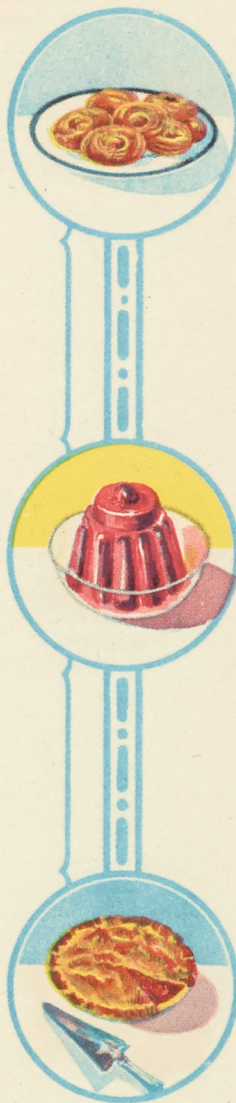
- |                    |                                   |
|--------------------|-----------------------------------|
| 2 eggs             | ½ teaspoon salt.                  |
| 1 cup brown sugar. | 1 cup walnut meats.               |
| ½ cup flour        | ¼ teaspoon Eclipse Baking Powder. |

Beat eggs slightly. Add remaining ingredients in order given. Drop in spoonfuls on greased cookie sheet. Bake in moderate oven 15 minutes.

### DATE ROCKS

- |                        |                                     |
|------------------------|-------------------------------------|
| 1 cup butter.          | 3 cups flour.                       |
| 3 eggs.                | 5 teaspoons Eclipse Baking Powder,  |
| 1½ cups brown sugar.   | level.                              |
| 1 lb. dates.           | 1 teaspoon Eclipse Vanilla Extract. |
| ½ cup chopped walnuts. |                                     |

Cream butter and sugar, beat in eggs. Add flour and baking powder sifted together, then fruit and nuts. Drop in spoonfuls on greased baking sheet. Moderate oven, 350°F.





#### MATRIMONIAL CAKES

- |   |                           |
|---|---------------------------|
| 1 lb. dates, cooked with small amount of water. | 2 cups oatmeal.           |
| 1 teaspoon Eclipse Baking Powder.               | 1 cup brown sugar.        |
| 2 cups flour.                                   | $\frac{3}{4}$ cup butter. |

Rub flour, meal and sugar. Spread  $\frac{1}{2}$  on bottom of pan. Spread cooked dates on this and crumble remainder on top.

#### CHOCOLATE STRIPS

- |   |                                 |
|---|---------------------------------|
| $\frac{1}{2}$ cup butter.                     | 1 square melted chocolate, or 1 |
| 1 scant cup sugar.                            | tablespoon cocoa.               |
| 2 eggs.                                       | 1 teaspoon Eclipse Vanilla.     |
| $\frac{1}{2}$ cup flour.                      | 1 cup chopped walnuts.          |
| $\frac{1}{2}$ teaspoon Eclipse Baking Powder. |                                 |

Cream butter and sugar, beat eggs separately, add chocolate, flour and nuts. Spread very thin in well greased pan. Bake in slow oven, 300°F. While hot cut in strips and remove from pan.

#### MACAROONS

- |                       |                                    |
|-----------------------|------------------------------------|
| 1 can condensed milk. | 1 teaspoon Eclipse Baking Powder.  |
| 1 lb. cocoanut.       | 1 teaspoon Eclipse Almond Extract. |

Mix cocoanut and baking powder, add this to condensed milk, then add flavoring. Shape with fingers and bake in oven 350°F.

#### DROP CAKES

- |                              |                                   |
|------------------------------|-----------------------------------|
| $\frac{1}{4}$ cup butter     | 3 teaspoons Eclipse Baking Powder |
| 1 cup brown sugar.           | level.                            |
| 2 eggs.                      | 1 cup milk.                       |
| $\frac{1}{2}$ cups flour.    | 1 teaspoon Eclipse Vanilla.       |
| $\frac{1}{4}$ teaspoon salt. |                                   |

Cream butter and sugar, beat in eggs. Sift flour, baking powder and salt together. Add alternately with milk. Bake in small muffin tins about 15 minutes. Over, 375°F.

#### DEMARARA HEALTH ROCKS

- |                          |                                    |
|--------------------------|------------------------------------|
| 1 cup demarara sugar.    | 2 teaspoons Eclipse Baking Powder. |
| 3 tablespoons butter.    | 2 cups rolled oats.                |
| 2 eggs.                  | 1 cup raisins.                     |
| 1 cup whole wheat flour. | $\frac{1}{4}$ teaspoon salt.       |

Cream butter and sugar. Beat in eggs.

Stir baking powder, flour and salt. Mix in rolled oats and raisins and mix all together. Drop from teaspoon or roll in balls and bake on well greased baking sheet. Oven, 350°F.

#### HEALTH JUMBLES

- |  |                                     |
|--|-------------------------------------|
| 2 tablespoons shortening.                  | 3 teaspoons Eclipse Baking Powder,  |
| $\frac{1}{2}$ cup demarara or brown sugar. | level.                              |
| 2 eggs.                                    | 1 cup chopped nuts, dates, raisins  |
| 2 cups bran flakes.                        | and cocoanut.                       |
| 4 tablespoons flour.                       | 1 tablespoon of milk, if necessary. |
| $\frac{1}{4}$ teaspoon salt.               |                                     |





Cream butter and sugar, beat in eggs. Stir flour, baking powder and salt together. Add to first mixture with bran flakes and fruit. Bake in small muffin tins.

#### WALNUT SLICE

- |                                    |                              |
|------------------------------------|------------------------------|
| 1 cup flour.                       | $\frac{1}{4}$ teaspoon salt. |
| 2 teaspoons Eclipse Baking Powder. | 1 egg.                       |
| level.                             | 1 teaspoon Eclipse Vanilla.  |
| $\frac{1}{2}$ cup shortening.      | 3 tablespoons milk.          |
| 1 tablespoon sugar.                |                              |

Roll like pastry. Cover bottom of cake tin and bake in slow oven, about 15 minutes.

#### Filling

- |                                     |                                  |
|-------------------------------------|----------------------------------|
| 1 $\frac{1}{4}$ cups brown sugar.   | 1 cup nuts.                      |
| 2 beaten eggs.                      | 1 teaspoon Eclipse Baking Powder |
| 4 tablespoons flour, scraped level. | level.                           |
| $\frac{1}{2}$ cup cocoanut.         |                                  |

Mix in order given. Pour on cooked crust and bake slowly until light brown. This may be iced when cool with butter icing and cut in squares or oblong pieces before removing from the pan.

#### LEMON CRUMBS

- |                                      |   |
|--------------------------------------|---|
| 1 $\frac{3}{4}$ cups cracker crumbs. | 1 $\frac{1}{2}$ cups desiccated cocoanut. |
| $\frac{3}{4}$ cup flour.             | 2 teaspoons Eclipse Baking Powder,        |
| $\frac{3}{4}$ cup butter.            | level.                                    |
| $\frac{1}{2}$ cup white sugar.       | Pinch of salt.                            |

Sift flour and baking powder, rub in butter, add cracker crumbs. sugar and cocoanut. Spread  $\frac{1}{2}$  of this mixture on greased pan, add lemon filling, then spread remainder on top. Moderate oven.

#### Lemon Filling

- |              |                                   |
|--------------|-----------------------------------|
| 1 egg.       | Grated rind and juice of 1 lemon. |
| 1 cup water. | 1 tablespoon flour.               |
| 1 cup sugar. |                                   |

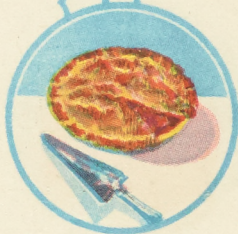
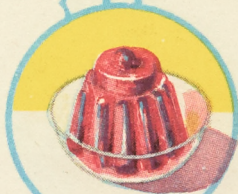
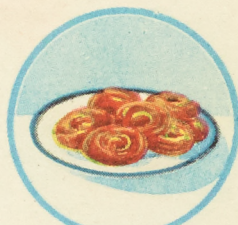
Mix sugar and flour together. Stir in water, add gradually the beaten egg. Cook, stirring constantly until thickened. Remove from fire, add lemon rind and juice. Cool before using.

#### CANDY

#### FONDANT

- |                          |   |
|--------------------------|---|
| 1 lb. sugar.             | $\frac{1}{8}$ teaspoon cream of tartar. |
| $\frac{1}{2}$ cup water. |   |

Put ingredients into smooth saucepan, stir, place on range and heat gradually to boiling point. Boil without stirring until, when tried in cold water, a soft ball may be formed that will just keep its shape. After a few minutes boiling, the sugar will adhere to the sides of the kettle. This should be washed off with a piece of cheese cloth wound on a fork and dipped in cold water. Pour slowly on greased platter. When cold enough to bear the finger in, stir the mixture rapidly until it is white and creamy.



# Eclipse

## FLAVORING EXTRACTS

Absolutely Pure

Dust bake board with powdered sugar, turn the mixture on it and knead as you would biscuit dough. Any desired flavor in Eclipse Extracts may be worked into this. Fondant is the basis of all cream candies. It may be kept in airtight container and used as needed.

### CREAM MINTS

Melt fondant over hot water, flavor with a few drops of Eclipse Mint Flavoring. Creams of any flavor can be made by adding Eclipse Orange, Lemon, Raspberry, Cherry or Strawberry flavorings. For chocolates this may be formed into small balls and dipped in melted unsweetened chocolate then dropped on oiled paper to set.

### CHOCOLATES

1 egg white.

1 teaspoon Eclipse Vanilla, Lemon, Orange, or Raspberry Flavoring.

Enough icing sugar to make mixture which will keep its shape when rolled into balls. Melt unsweetened chocolate over hot water and dip each ball in it using a hatpin or toothpick to dip with. Place on oiled paper until chocolate hardens.

### CANDIED PEEL

1 cup water.

2 cups of orange peel.

1 cup sugar.

$\frac{1}{2}$  teaspoonful Eclipse Lemon or Orange Extract.

Cut peel in long strips and measure 2 cups of them. Put them in saucepan and pour water over them. Cook until tender. Drain off water and add sugar and flavoring. Gradually heat. When sugar is melted, cook over slow fire until peel is clear. Remove from fire and when cool dip in dry granulated sugar. Keep in jar.

### GLACE NUTS

2 cups sugar.

$\frac{1}{8}$  teaspoon cream of tartar.

1 teaspoon Eclipse Cherry Flavoring

1 cup boiling water.

Put ingredients in smooth saucepan and stir, then place on stove and heat to boiling point. Boil without stirring until it begins to discolor. Remove from stove and place saucepan in pan of cold water just long enough to stop boiling, then place saucepan in pan of hot water during dipping. Take nuts and pitted dates separately on long pin and dip in syrup to cover, remove from syrup and place on oiled paper.

### TURKISH DELIGHT

4 cups sugar.

1  $\frac{1}{2}$  cups hot water.

Dissolve on stove:

1 box gelatine, soaked in

1 cup cold water for 5 minutes.

Put all on stove to boil for 25 minutes without stirring. Divide in two parts, putting Eclipse Lemon Flavoring in one part and a little Eclipse Cochineal and Eclipse Raspberry Flavoring in the other part. Allow to stand overnight, then cut in squares and roll in icing sugar.





# Eclipse ICINGS

The Best Yet

## DIVINITY FUDGE

- 2 cups granulated sugar.
- $\frac{3}{8}$  cup Lily White Syrup.
- $\frac{1}{8}$  cup water.
- 2 egg whites.

- 1 cup walnut pieces.
- 1 teaspoon Eclipse Vanilla Extract.
- $\frac{1}{4}$  teaspoon salt.

Boil sugar, syrup, salt and water together until it forms a hard ball in cold water. Beat whites of eggs stiff and gradually pour on the hot syrup, beating constantly. When mixture begins to stiffen, add nuts and flavoring. Pour on greased platter, when set cut in squares.

## BUTTER SCOTCH

- 1 cup corn syrup.
- 1 cup granulated sugar.

- $\frac{1}{2}$  cup butter.
- 2 teaspoons Eclipse Vanilla Extract.

Boil all together until it forms a hard ball in cold water. Pour in well buttered tins. Mark in squares.

## MARSHMALLOWS

- 2 rounded tablespoons gelatine.
- 2 cups granulated sugar.

- $\frac{1}{4}$  teaspoon salt.
- 2 teaspoons Eclipse Vanilla Extract.

Soak gelatine in 8 tablespoons of cold water. Heat the sugar with  $\frac{1}{2}$  cup water until dissolved. Add gelatine to syrup and just bring to a boil. Remove from stove and let stand in a bowl until partially cool. Add salt and flavoring. Beat with egg beater until soft, then with a large spoon until only soft enough to settle into a sheet. Dust granite pans thickly with icing sugar, pour in candy about  $\frac{1}{2}$  inch thick. Set to cool until it will not stick to finger. Cut in cubes and roll in icing sugar.

## MAPLE CREAM

- 2 cups brown sugar.
- 2 tablespoons corn syrup.
- 2 tablespoons butter.

- Pinch of salt.
- $\frac{1}{2}$  cup milk or sour cream.
- 2 teaspoons Eclipse Vanilla Extract.

Boil until candy reaches soft ball stage when tried in cold water. Set in pan of cold water until partially cool. Add vanilla and beat until creamy. Pour on large plate which has been well buttered. When cool cut in squares.

## CHOCOLATE FUDGE

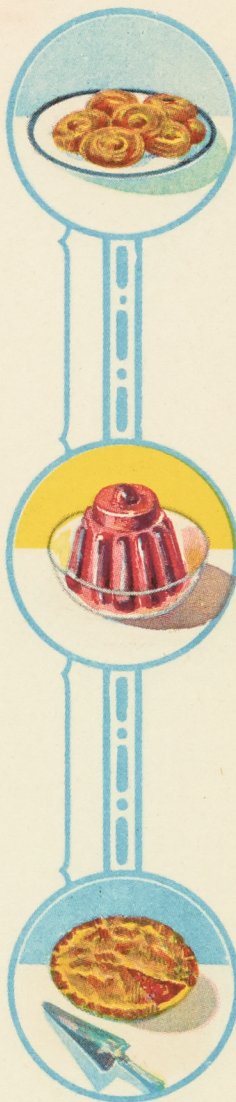
- 1 cup white sugar.
- 1 cup brown sugar.
- $\frac{1}{4}$  cup syrup.

- 1 teaspoon Eclipse Vanilla.
- $\frac{1}{2}$  cup sweet milk.
- $\frac{1}{4}$  cup melted butter.

Boil  $2\frac{1}{2}$  minutes, then add 2 tablespoons cocoa or baking chocolate. Boil 5 minutes longer. Take from stove and add 1 teaspoon Eclipse Vanilla. Beat until creamy. Pour in buttered pan and mark in squares.

## DOUBLE FUDGE

Make maple cream, adding  $\frac{1}{2}$  cup glace cherries while beating. Put this on buttered cake pan. Then make chocolate fudge, adding chopped nuts and pour this over the light fudge. When set cut in squares.



#### DESSERTS

"Give no more to every guest  
Than he is able to digest.  
Give him always of the prime,  
And but little at a time."

#### FOOD FOR THE GODS

- 1 lb. dates.
- $\frac{1}{2}$  lb. walnuts.
- 9 tablespoons cracker crumbs.

- 2 cups sugar.
- 6 eggs.
- 2 teaspoons Eclipse Baking Powder.

Mix sugar, cracker crumbs and baking powder. Add dates and nuts, and lastly the eggs beaten separately. Bake 30 minutes in oven, 300°F. This should be when done about  $1\frac{1}{2}$  inches thick. Serve with whipped cream.

#### LEMON SNOW PUDDING

- 3 tablespoons cornstarch.
- $\frac{1}{2}$  cup granulated sugar.
- 2 cups boiling water.
- $\frac{1}{4}$  teaspoon salt.
- $\frac{1}{4}$  teaspoon Eclipse Lemon Extract.

- Juice of one lemon.
- 3 egg whites.
- 1 cup stoned grapes, or
- 1 cup glace cherries, or
- 1 banana, sliced.

Mix cornstarch and sugar in a little cold water. Add boiling water and cook until thickened, stirring constantly. Add well beaten whites of eggs then fold in the fruit. Serve in sherbet glasses.

#### PADDY BUNDLES

- 6 tablespoons (heaping) of flour.
- 1 teaspoon Eclipse Baking Powder.

- 3 tablespoons (level) butter.
- Cold water to make soft dough.

Cut in 4 pieces. Do not roll, but on each piece put a peeled apple with core removed. With floured hands work the dough up around the apple. Fill the hole with sugar, butter and a couple of cloves. Work dough right up over the hole. Brush over with sweet milk. Place in pan, adding a little sweetened water. Bake 40 minutes. Serve with cream and sugar or sauce in which they were cooked.

#### CANARY PUDDING

- 2 eggs.
- 1 teaspoon Eclipse Baking Powder.
- $\frac{1}{2}$  cup sugar.

- $\frac{1}{2}$  cup potato flour.
- 2 tablespoons of water, if needed

Separate eggs, beating yolks thick, add sugar and continue beating. Beat whites of eggs stiff and beat into first mixture. Mix baking powder and potato flour and sift into mixture. Bake in a moderate oven, 325°F. for 30 minutes.

#### Sauce

- 2 egg whites.
- 1 cup granulated sugar.

- 1 cup boiling milk.
- 1 lemon (juice only).

Beat whites of eggs until foamy, but not dry, add sugar and beat well. Gradually beat in boiling milk and lemon juice.





### DESSERTS MADE WITH JELLY

*"I'm quite ashamed — 'tis mighty rude,  
To eat so much — but all's so good."*

#### TURNING OUT THE JELLY

Care must be exercised in turning the jelly out of the mould. Many times a pretty mould is spoiled because the housewife does not understand how this should be done.

When jelly is thoroughly set, half fill a bowl which is larger than the mould with water just as hot as the hands can comfortably stand. Run a knife which has first been dipped in hot water around the top of the jelly then dip the mould in hot water, leaving it in the water only a few seconds, and taking care not to allow the water to cover the jelly. Place plate over the top of mould and turn over. If jelly does not slide out, place it in water again. Do not have water too hot or leave in mould too long as this will melt the jelly.

#### WHIPPED JELLY

1 package of Eclipse Jelly Powder,      1½ cups boiling water.  
any flavor.

Allow to stand in cold place until like a thick syrup, then beat with dover egg beater until light and foamy.

#### MOULDED JELLY

In filling a mould with jellies of different colors always put the lighter, more delicate colors in the bottom of the mould, these will be at the top when turned out. The heavier, darker jelly is then a base for the mould when it is turned out. Allow each layer to set thoroughly before putting the next layer on and be sure that jelly is cool before pouring on top of what is already set. Always put a layer of whipped jelly between each layer of clear, otherwise the colors will not be distinct.

#### COFFEE MOUSSE

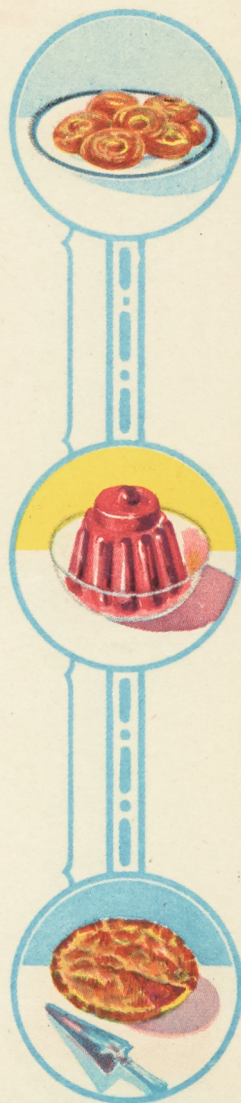
1 package Eclipse Calfsfoot Jelly,      1 cup whipped cream, or  
1½ cups strong coffee.      1 cup cold custard

Dissolve jelly powder in boiling coffee. Allow to stand in cool place until beginning to set, then whip with dover egg beater until light. Fold in whipped cream or custard. Turn into mould and jell.

#### PINEAPPLE CREAM

1 package Eclipse Pineapple Jelly      1 cup crushed pineapple.  
Powder.      1 small can evaporated milk.  
1½ cups boiling water.

Dissolve jelly powder with boiling water. When beginning to jell, whip jelly. Fold in pineapple and evaporated milk. Turn into mould until set.



# Eclipse

## SUPERSTRENGTH BAKING POWDER

Use only 3 parts to 4 of others



**TRIFLE**

Line serving dish with stale cake. Dissolve a package of Eclipse Grape Jelly in 1 pint boiling water. Pour this over cake and allow to jell. Cover this with a layer of custard. Top with whipped Eclipse Calfsfoot Jelly and chopped nuts.

### MOCK PLUM PUDDING

- |                                     |                              |
|-------------------------------------|------------------------------|
| 1 package Eclipse Loganberry Jelly. | 1 cup nuts.                  |
| 1 pint boiling water.               | 1 cup raisins.               |
| 1 cup Grape Nuts.                   | $\frac{1}{4}$ cup peel.      |
| 1 cup dates.                        | 1 teaspoon Eclipse Cinnamon. |

Dissolve jelly powder in boiling water. Add Grape Nuts and stir well, then add fruit, nuts and spice. Pour into mould to set. Serve with whipped cream or hard sauce.

### SWISS DELIGHT

Dissolve 1 package Eclipse Orange Jelly Powder in 1 pint boiling water. When beginning to thicken add 1 orange and 1 banana sliced in small pieces. Add a few chopped walnuts and  $\frac{1}{2}$  cup dates cut fine. Pour into mould and serve with thin custard.

### DATE SURPRISE

1 package Eclipse Banana Jelly Powder dissolved in 1 pint boiling water. When cool stir in

- |              |                                   |
|--------------|-----------------------------------|
| 1 cup dates. | 1 apple, peeled and cored and cut |
| 1 cup nuts.  | in small pieces.                  |

Turn into mould and allow to harden.

### GLORIFIED RICE

Whip 1 package of Eclipse Lemon Jelly, then fold in 2 cups cold boiled rice. Mould.

### APRICOT WHIP

- |                                  |                                     |
|----------------------------------|-------------------------------------|
| 1 package Eclipse Vanilla Jelly. | 1 $\frac{1}{2}$ cups boiling water. |
|----------------------------------|-------------------------------------|

When beginning to thicken, whip until light. Fold in 1  $\frac{1}{2}$  cups stewed dried apricots. Turn into mould or pile in sherbet glasses.

### TAPIOCA ALMOND FLUFF

- |  |                                     |
|--|-------------------------------------|
| 1 package Eclipse Almond Jelly Powder. | 1 $\frac{1}{2}$ cups boiling water. |
|  | When beginning to thicken, whip.    |

Cook  $\frac{1}{2}$  cup flake tapioca in 1 pint sweetened water, and when cold fold into whipped jelly. Pile in sherbet glasses and sprinkle with crumbled almond macaroons.







COFFEE

A Real Touch from Arabia

### NEAPOLITAN TUTTI FRUTTI

- 1 package Eclipse Lemon Jelly.
- 1 package Eclipse Pistachio Jelly.
- 1 package Eclipse Currant Jelly.

Dissolve each in  
1½ cups boiling water.

To half of lemon jelly add ½ cup sliced peaches or ½ cup crushed pineapple and 2 tablespoons cold water. Place this in oblong mould. Stand in cold place to jell. Stand other part of lemon jelly in dish of cold water or on ice until of consistency to whip. Whip jelly and fold in ½ cup crushed pineapple. Pour this on first layer in mould.

To half of pistachio jelly add ½ cup mixed, chopped nuts and 2 tablespoons cold water. Pour this on top of second layer, pouring gently or putting in one tablespoonful at a time, being careful not to disturb whipped jelly. When set, whip other part of pistachio jelly and pour on top of third layer. To half of currant jelly add 1 cup pears and 2 tablespoons cold water. Pour on top of fourth layer. When set whip other part of currant jelly, fold in ½ cup pears and pour over fifth layer. When thoroughly set turn out and serve with cream.

### SALAD

*"A feast consisting of the produce of the fields;  
All the luxury the country yields."*

Jelly powder is used very successfully in making salads. Almost any salad which you are accustomed to making in the usual way can be made with jelly. Jelly salads can be made long before the meal is to be served, therefore, they are more convenient to serve than the old-fashioned salad, which had to be made just before serving. Left over jelly salad will keep for another meal, the other must be used at once.

To make your salad with jelly, add 1¾ cups boiling water to 1 package Eclipse Lemon Jelly Powder, add the juice of one or two lemons or 2 tablespoons vinegar. When thoroughly cold add salad vegetables. Turn into individual moulds to jell.

### MANHATTAN SALAD

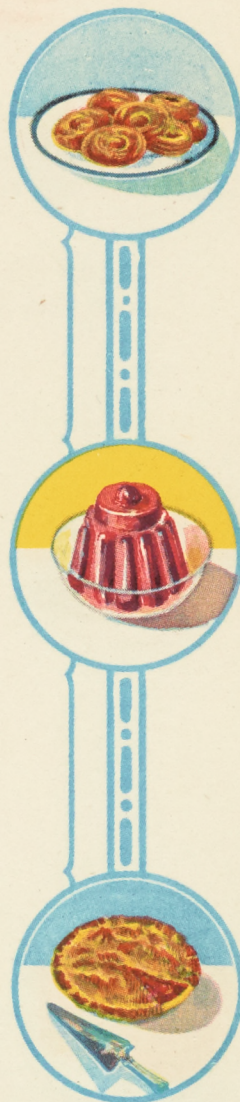
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| 1 package Eclipse Lemon Jelly Powder. | 1 tart apple.        |
| 1 pint boiling water.                 | 1 cup walnut pieces. |
|                                       | 1 cup celery.        |

Dissolve jelly powder in boiling water and when beginning to jell, add other ingredients. Pour into mould and allow to harden.

### SURPRISE RAW SALAD

- |                                       |                          |
|---------------------------------------|--------------------------|
| 1 package Eclipse Lemon Jelly Powder. | 2 cups carrots.          |
| 1½ cups boiling water.                | 2 cups cabbage.          |
|                                       | ½ cup crushed pineapple. |

Dissolve jelly powder in boiling water. Run vegetables through food chopper. When jelly is cold add these with crushed pineapple. Mould and serve on lettuce leaf.



# Eclipse

## JELLY POWDERS

Delicious with Cream

### TOMATO JELLY

- 1 tin tomato soup.
- $\frac{3}{4}$  tin water.

- Juice of 1 lemon.
- 1 Eclipse Lemon Jelly Powder.

Bring soup and water to boiling point. Pour this over jelly powder and stir until powder is dissolved. Add lemon juice or 1 tablespoon vinegar. Pour into moulds.

### TUNA FISH OR SALMON SALAD

- 1 Eclipse Lemon Jelly Powder.
- 2 cups boiling water.
- 1 cup peas.

- 1 small tin salmon, or tuna fish.
- 2 tablespoons vinegar.

Dissolve jelly powder. Break up fish with fork, then mix in peas. Put vinegar over this and add to cold jelly. Pour in moulds.

### COMBINATION SALAD

- 1 Eclipse Lemon Jelly Powder.
- $1\frac{3}{4}$  cups boiling water.
- Dissolve jelly powder in boiling water, and when cold add
- 2 sliced tomatoes.

- 1 cup cut celery.
- 1 cup sliced cucumber.
- 2 green onions, cut in small pieces.
- 3 radishes, sliced.

Carefully stir all together with a fork and turn into mould.

### CHEESE SALAD

- 1 package Eclipse Lemon Jelly Powder
- 1 pint boiling water.
- 1 tablespoon Eclipse Vinegar or juice of 1 lemon.

- $\frac{3}{4}$  lb. cheese, cut in small cubes.
- 2 cups shredded or minced cabbage.
- $\frac{1}{2}$  cup walnut meats.

Dissolve jelly in boiling water, add lemon juice or vinegar and allow to cool, then add cheese, cabbage and nuts. Turn into mould and allow to jell.

### GINGER ALE SALAD

- 1 package Eclipse Calfsfoot Jelly.
- 1 cup boiling water.
- $\frac{1}{2}$  pint ginger ale.

- $\frac{1}{2}$  cup nuts.
- 1 cup celery.

When jelly is dissolved add  $\frac{1}{2}$  pint bottle ginger ale. Cool and stir in chopped nuts and celery. Pour into moulds and jell.

### SALAD DRESSING

- 1 teaspoon Eclipse Mustard.
- 1 teaspoon salt.
- 4 teaspoons brown sugar.

- 2 eggs.
- 2 tablespoons flour.
- $\frac{1}{2}$  cup Eclipse Vinegar.

Stir mustard, salt, sugar and flour together then beat in eggs and add vinegar. Boil, stirring constantly until thick. When cool slowly stir in 1 large tin evaporated milk.

### THOUSAND ISLAND DRESSING

- 1 cup mayonnaise.
- $\frac{1}{4}$  cup Chili sauce.

- $\frac{1}{4}$  cup Eclipse Sweet Pickle, cut fine.
- 4 Eclipse Stuffed Olives, chopped.

Fold all ingredients carefully into mayonnaise.





# Measurements

TO obtain good results in the recipes which are given in this book, accuracy must be observed. They have all been standardized by means of a half pint measuring cup, which is divided into quarters and thirds, and of standard measuring spoons.

All dry ingredients are heaped into the cup or spoon and scraped off level with a knife. In measuring butter or hard fats, pack them down, then level them off.

## Table of Measurements

3	teaspoons . . . . .	1	tablespoon
16	tablespoons . . . . .	1	cup
2	tablespoons, liquid . . . . .	1	ounce
2	tablespoons, granulated sugar . . . . .	1	ounce
2	cups, granulated sugar . . . . .	1	pound
2 $\frac{3}{4}$	cups brown sugar . . . . .	1	pound
3	cups icing sugar . . . . .	1	pound
4	tablespoons flour . . . . .	1	ounce
4	cups flour . . . . .	1	pound
3	cups corn meal . . . . .	1	pound
2	tablespoons butter . . . . .	1	ounce
2	cups butter . . . . .	1	pound
2	cups milk . . . . .	1	pint
4	cups currants, dried . . . . .	1	pound
3	cups seedless raisins . . . . .	1	pound
2	cups seeded raisins . . . . .	1	pound

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WINNIPEG

CANADA



